

MAC-PMSS App – an App for mood and premenstrual tracking

Summary

Epidemiological data shows that 75% of women of reproductive age suffer from some premenstrual syndrome (PMS) symptoms, while 3% to 8% reported extremely severe PMS symptoms. A study on PMS prevalence among different countries worldwide found that 47.8% (95% CI: 32.6–62.9) of women have PMS. Symptoms include tender breasts, bloating, irritability and aggression, anxiety, tiredness, and food cravings.

Currently, there is no test for PMS and to be diagnosed, a woman must have physical symptoms and mood changes. These must occur before her menstrual period and disappear after the onset of the period.

Some researchers at McMaster University have developed a new app that can be used to track mood and premenstrual symptoms prospectively, daily. Users will be able to see if their symptoms are severe enough so that they will be able to use this information to bring to their health care providers to help with the management of mood and premenstrual symptoms.

Contact

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Premenstrual syndrome and premenstrual dysphoric disorder symptoms can negatively impact daily life.

Advantages

- Provides a real-time symptom monitoring platform
- real-time monitoring of biological variables including heart rate, movement, and symptoms
- bridges the communication gap between user and health care provider

Applications

- real-time symptom monitoring platform
- Updating patients and physicians regarding their symptoms with evidence
- Accurate information available for physicians at the point of care